



# Winter/Spring Brochure



Registration begins January 5th!



## F.U.N. Play Center

The City of Eureka's Recreation Division, in partnership with First 5 Humboldt, Area 1 Agency on Aging and the Humboldt County Office of Education, is excited to offer the F.U.N. (Family, Unity & Nurturing) Play Center. The F.U.N. Play Center is a valued community resource for parents and grandparents in primary care giving roles for their children or grandchildren. The program operates Mondays and Wednesdays at the Adorni Center from 9:15am—11:45am. The goal of the Play Center is to offer a safe place for grandparents and parents to meet while offering children their first play experience with an emphasis on nutrition and active living.

**Who:** Grandparents & Parents in a primary care giving role for children ages 0-5.

**Where:** Adorni Recreation Center, 1011 Waterfront Drive, Eureka

**When:** Mondays & Wednesdays from 9:15am—11:45am

**Fee:** \$3 for daily drop-in participants or \$25 for a 10 visit pass. **100% fee assistance available.**



For a monthly calendar, call 268.1844 or visit [www.adornicenter.com](http://www.adornicenter.com).



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## Facility Rentals

Are you looking for a place to have a birthday party, company meeting, picnic or dinner? The City of Eureka has parks and buildings available for the public to rent for special events. The most popular facilities include Sequoia Park's Group Picnic Area, Carson Park, Cooper Gulch Recreation Center, Adorni Center, Wharfinger Building and the Sequoia Park Zoo Community Room.

For a complete list of facilities, fees and rental requirements please visit our website at [www.adornicenter.com](http://www.adornicenter.com). Please see the last page of this brochure for contact information.



## Tai Chi Made EZ

“Relax...have fun...get fit...the easy, gentle way.” Simple, smooth, circular movements are designed to stretch, limber, tone and strengthen the body. Includes special training in stress reduction and pain management through breathing techniques, acupressure, mindfulness training, chi kung postures and moving meditation. Benefits circulation, balance and posture. Boosts immune system, improves focus, coordination and concentration. Relaxes mind, body and spirit. The best thing about this style of Tai Chi is that everyone can do it. No previous experience necessary.

**Location:** Conference Room, Adorni Center

**Day:** Thursdays

**Time:** 12pm – 1:30pm

**Drop-in Fee:** \$15 (first class of each session)

**Age:** 13 & older

**Class Size:** 3 to 20

<u>Session</u>	<u>Dates</u>	<u>Fees</u>
1	February 5—26	\$48
2	March 5—26	\$48
3	April 2—30	\$60
4	May 7—28	\$48
5	June 4—25	\$48

**Instructor:** Glenda Hesseltine



## Beginning Violin B

This class is a continuation of skills learned in the Fall session. Students will continue to learn about the methods of tone production, posture, basic theory, note fingering, rhythm and simple melody. Those that would like to participate for the first time will receive a quick review of what has been previously covered. (It doesn't hurt to reinforce what we already should know.) Come and join us for a good time and happy musical future!

**Location:** Cooper Gulch

**Day:** Thursdays

**Dates:** February 5 – June 25

**Time:** 7pm – 8pm

**Fees:** \$100

**Drop-in Fee:** \$15  
(Only first two classes 2/5 & 2/12)

**Lab Supply Fee:** \$5 (payable to instructor)

**Age:** 15 & older

**Class Size:** 4 to 8

**Instructor:** Joyce Reid



## Puppy Manners

Here is an opportunity for puppies 2 – 5 months old to socialize with other puppies and learn polite doggie behavior. Get tips on surviving puppy-hood while introducing your pup to the world so that it can grow up and become a well-mannered dog.

**Location:** Cooper Gulch

**Fees:** \$50/session

**Session**      **Days & Dates**

**Time**

**(Must Bring Current Vaccination Records)**

#1 Sundays, February 1 – March 1

1 – 2pm

**Age:** 18 & older

#2 Wednesdays, April 1—29

6 – 7pm

**Class Size:** 5 to 10

#3 Saturdays, May 9—June 13

10—11am

**Instructor: Mette Bryans**

(No class 5/30)

#4 Wednesdays, May 27—June 24

6 – 7pm



**REFUND POLICY:** In the event that the Recreation Division cancels a class or activity, all fees are fully refundable or transferable. Should any participant cancel a class or activity, ***no refund will be given.*** All class and program dates and times are subject to change.

## Basic Dog Obedience

Here is an opportunity for dogs 6 months & older to learn basic obedience and training skills. This is a great follow-up to the Puppy Manners class for puppies 2 – 5 months old.

**Location:** Cooper Gulch

**Age:** 18 & older

**Day:** Saturdays

**Class Size:** 4 to 10

**Dates:** March 28 – May 9

(No class 5/2)

**Instructor:**

**Time:** 11am – 12pm

**Mette Bryans**

**Fees:** \$60

**(Must Bring Current Vaccination Records)**



## Stroller Strides

This class consists of a 60-minute total body workout. Parents are led by certified instructors through a 45-minute interval power walk while pushing strollers. They stop every few minutes for a body toning station using exercise tubing, the stroller or the environment to create a balanced strength workout. The final 10-minutes of class are reserved for abs, flexibility and stretching.

**Location:** Sequoia Park

**Fees:** **Session 1** \$25

**Days:** Mondays (weather permitting)

**Session 2** \$25

**Dates:** **Session 1** April 6 – 27

**Session 3** \$30

**Session 2** May 4 – 25

**Drop-in Fee:** \$8/class

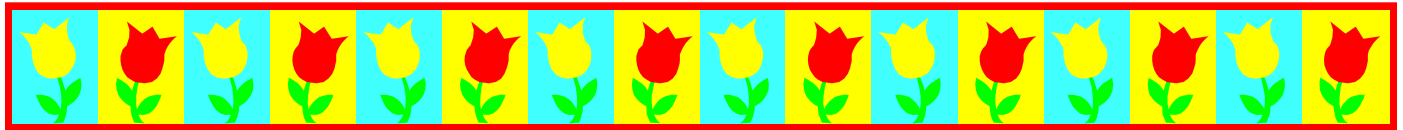
**Session 3** June 1 – 29

**Age:** 18 – 40 yrs.

**Time:** 9:30am – 10:30am

**Class Size:** 7 to 15

**Instructor:** Beth Weaver



## Liberate Your Inner Ballerina

Ballet-inspired exercise to improve your posture, increase flexibility and develop grace. Whether you were a serious ballet student (perhaps long ago) or have never touched a bar, now is the time to liberate your inner ballerina. No leotard needed but comfortable clothes are a must. Ballet slippers or other soft dance shoes recommended but not required.

**Location:** Exercise Room, Adorni Center

**Drop-in Fee:** \$10/class

**Days:** Saturdays

**Age:** 15 & older

**Dates:** **Session 1** February 7 – April 11  
(No class 2/14 & 3/28)

**Class Size:** 8 to 20

**Session 2** April 18 – June 6

**Instructor:**

**Time:** 12pm – 1pm

Lynn Page

**Fees:** **Session 1** \$56

**Session 2** \$56





## Beginning/Intermediate Volleyball



This class is for those who would like to learn about volleyball as well as for those who would like to improve their current skills. Class time will be split between instruction, drill-work and playing time (scrimmages).



**Location:** Gymnasium, Adorni Center

**Class Size:** 20 to 40



**Dates:** April 21, 23, 28, 30, May 5 & 7

**Instructor:**

**Time:** 3:45pm – 5:15pm

**Lori McFarland**

**Fees:** \$35

**Age:** 16 & Under



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## Roller Skating



Participate in this fun-filled activity that the whole family can enjoy! The Eureka Municipal Auditorium (12<sup>th</sup> & F Streets) is open to the public for roller skating almost every weekend. Sessions are limited to 75 skaters and are well-supervised.



**NOTE:** The schedule is subject to change. Call 441.4223 for current weekly schedules or visit our website at [www.adornicenter.com](http://www.adornicenter.com).



### Winter/Spring Hours:

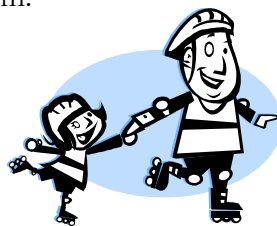
Friday 6pm—8:30pm

Saturday 6pm—8:30pm

### Admission Price: (includes skate rental)

\$3.00 Youth 17 & under

\$3.50 Adult



### Private Skate Parties

The Eureka Recreation Division offers private roller skating parties ideally suited for large school and youth groups. To find out more information about booking a private party, please visit our website at [www.adornicenter.com](http://www.adornicenter.com) or call 441.4241. All parties are subject to facility and staff availability.





## Junior Rowing Clinic

This one week clinic teaches students the basics of rowing, how to handle the equipment, safety on the water, rowing terminology and the physical benefits of rowing. Each clinic is taught by qualified rowing instructors. Rowing is a sport that can be done at any age and provides a great workout. It is low-impact on joints and is the best cross-trainer for swimming, running, skiing and just about anything else.

All participants should bring a water bottle, hat, sunscreen, water sandals, socks and comfortable work out clothes. No baggy shorts, baggy sweats, or baggy shirts are allowed as they interfere with the activity.

**Location:** HBRA Boathouse

**Age:** 12 – 17 yrs.

**Day:** Monday – Friday

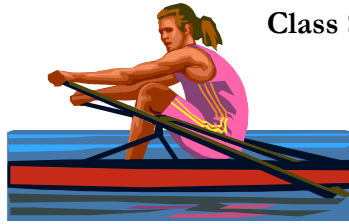
**Class Size:** 5 to 18

**Dates:** June 22 – 26

**Time:** 9am – 11am

**Instructor:** TBD

**Fees:** \$150



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## Adult Rowing Clinic

This one week clinic teaches students the basics of rowing, how to handle the equipment, safety on the water, rowing terminology and the physical benefits of rowing. Each clinic is taught by qualified rowing instructors. Rowing is a sport that can be done at any age and provides a great workout. It is low-impact on joints and is the best cross-trainer for swimming, running, skiing and just about anything else.

All participants should bring a water bottle, hat, sunscreen, water sandals, socks and comfortable work out clothes. No baggy shorts, baggy sweats, or baggy shirts are allowed as they interfere with the activity.

**Location:** HBRA Boathouse

**Age:** 18 & older

**Day:** Monday – Friday

**Class Size:** 5 to 18

**Dates:** June 22 – 26

**Time:** 5:30pm – 7:30pm

**Instructor:**  
TBD

**Fees:** \$150





## Easter Egg Hunt

The City of Eureka's Recreation Division will once again be sponsoring the Annual Easter Egg Hunt at Carson Park. This "egg-citing" event is **FREE** for children 10 & under accompanied by an adult. The event will feature an egg hunt, candy, games, prizes and an opportunity to meet the EASTER BUNNY!

**Location:** Carson Park  
(Carson & Buhne Streets)

**Date:** Saturday, April 11th, 2009

**Time:** Ages 4 & under—10am

Ages 5—10 11am



*Remember to bring an Easter basket.*

**FREE** for children ages 10 and under,  
accompanied by one adult.



## Ryan Center—After School Program

The Ryan Center is an educational, enrichment and recreation After School Program designed to provide an enjoyable, safe and nurturing environment for elementary school children ages 5 – 12. Each afternoon is packed with an array of activities to meet the individual needs of all participants. Program hours are Monday – Friday, 2:30pm – 5:30pm. The Ryan Center is located at 1653 J Street, Eureka.

Registration is on a first-come, first-serve basis. **The registration process automatically reserves a space for your child for the entire school year, regardless of your payment plan.** We encourage you to register as early as possible as enrollment is limited for this popular program. Registration takes place at the Adorni Recreation Center, 1011 Waterfront Drive, Monday—Friday, 8am – 5pm. The Ryan Center offers a unique and flexible payment policy designed to assist the ever-changing needs of today's families.

### By the MONTH:

January - \$71.25	February - \$56.25	March - \$82.50
April - \$63.75	May - \$75.00	June - \$52.50

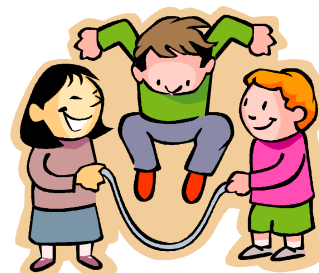
### By the SESSION:

Sessions provide families a 10% discount and cannot be pro-rated if registering mid-season. Session fees are as follows: **WINTER** Session (January 5<sup>th</sup> – March 31<sup>st</sup>) is \$189.00, **SPRING** Session (April 1<sup>st</sup> – June 18<sup>th</sup>) is \$172.12.

### By the YEAR:

The yearly fee provides families a 15% discount. The 2008-2009 yearly fee is \$573.75.

**For more information call 707.441.4224 or visit our website at [www.adornicenter.com](http://www.adornicenter.com).**



## Camp Carson

### June 22—August 14

This Summer Recreation Playground Program is **FREE** for any child between the ages of 5 and 12 and is held at Carson Park. City of Eureka Staff provide children with an opportunity to participate in sports, games, arts & crafts, drama, field trips, special events and more.



This is a *DROP-IN PROGRAM*. Children are signed in and out daily and are not permitted to leave without prior parental consent. Camp Carson can accommodate 50 children per day.

No registration is required but all children must have a Waiver & Release of Liability Form signed by their parent/guardian on file. These forms may be picked-up at Carson Park on the first day of attendance or at the Adorni Center.

Camp Carson operates Monday—Friday from 10am—4pm. Carson Park is located in Eureka at the corner of Carson & Buhne Streets.

## Camp Ryan

### June 22—August 14

Camp Ryan offers kids 5—12 a special opportunity for summertime fun and friendship in a safe, supervised setting. Children will participate in a wide variety of games, arts & crafts, sports, drama, scientific discovery, field trips and more. All activities are supervised by City of Eureka Recreation Staff. Children are checked in and out daily and are not permitted to leave without prior parental consent. All sessions are one week long and can accommodate 40 children per week. Parents can register for half day or full day sessions. Camp Ryan operates Monday—Friday from 7:30am—5:30pm (June 22nd—August 14th).

**Registration begins June 1, 2009 at the Adorni Recreation Center (Monday—Friday, 8am—5pm).** Registration is on a first-come, first-served basis. All children must be pre-registered prior to attending. **There is no on-site registration.**

**Fees:** Half day rates are \$60 per week. Parents can choose 7:30am—12:30pm or 12:30pm—5:30pm. Full day rates are \$80 per week (7:30am—5:30pm). No refunds or pro-rates for missed days or weeks. Camp Ryan is located at the John Ryan Youth Center (1653 J Street).

Thanks to the generous donations of several organizations, the Eureka Recreation Division is offering scholarships to qualified children. This scholarship provides a 50% fee reduction on registration fees only. It does not apply to multiple week discounts. Call 268.1858 for an information packet or visit our website at [www.adornicenter.com](http://www.adornicenter.com).







## Hoopsters

Hoopsters Youth Basketball consists of both a boy's league and girl's league for 3<sup>rd</sup> through 12<sup>th</sup> grade students. Games are played on Saturdays beginning in January and continuing through April 2009. The entry fee is \$50 and includes a team t-shirt. Registration takes place at the Adorni Recreation Center, Monday – Friday, 8am – 5pm.

For more information call 441.4245 or visit [www.adornicenter.com](http://www.adornicenter.com).



## Men's Open Basketball League

The Recreation Division offers a Men's Open Basketball League consisting of a 12 game season with an optional post season tournament. The season begins on February 17<sup>th</sup> and continues through mid-May. The league organization meeting will take place on January 6<sup>th</sup> at the Adorni Center. League fees are \$515/team plus a \$10 non-resident fee for each player living outside Eureka City Limits.

For more information call 441.4245 or visit [www.adornicenter.com](http://www.adornicenter.com).



## Co-ed & Women's Volleyball

The Winter/Spring Volleyball League consists of two women's divisions, Thursday A and Thursday B, and a Wednesday night Co-ed division. The 12 game season begins January 5<sup>th</sup> and concludes March 27<sup>th</sup>. League fees are \$250/team plus a \$10 non-resident fee for each player living outside Eureka City Limits.

For more information call 441.4245 or visit [www.adornicenter.com](http://www.adornicenter.com).

SEQUOIA PARK

# ZOO

## wild workshops for Kids!

winter/spring 2009



Cub Club is a wild adventure for the young explorer. During each class we learn about animals through intimate encounters, hands-on exploration, theater, storybooks, art and more.

**Ages 5-7**  
9 am to 12 pm  
\$20 per Saturday class

**Bears, bears, everywhere!**  
February 7<sup>th</sup>

**Creepy Crawlies**  
April 4<sup>th</sup>

**Fantastic Flight!**  
June 6<sup>th</sup>



The Jr. Zookeeper program provides hands-on experience working with Zoo animals. Jr. Zookeeper activities include caring for, feeding and making special treats and enriching activities for our animal ambassadors. **Ages 8-12.**

**School's Out! Winter Wonderland**  
Feb 17<sup>th</sup>-20<sup>th</sup>, Tues.-Fri. 9 am-12 pm \$70

**Critters of the Cold—**  
**In honor of Bears and Penguins**  
March 21<sup>st</sup>-22<sup>nd</sup>, Sat. & Sun. 10 am-2 pm \$45

**Eggs-travagant Enrichment**  
April 11<sup>th</sup>-12<sup>th</sup>, Sat. & Sun. 10 am-2 pm \$45

**School's Out! Springtime Spectacular**  
April 14<sup>th</sup>-17<sup>th</sup>, Tues.-Fri. 9 am-12 pm \$70

**Migration Jubilation**  
May 23<sup>rd</sup>-24<sup>th</sup>, Sat. & Sun. 10 am-2 pm \$45



For more info, visit the **ZOO TICKET BOOTH**  
or contact, 441-4217 \* [Education@SequoiaParkZoo.net](mailto:Education@SequoiaParkZoo.net)

In order to provide the best experience for class participants, we require 8 min and 14-16 max # of participants per class. Pre-registration is required.

# Adorni Recreation Center

1011 Waterfront Drive, Eureka

441.4248

Monday—Friday 6am—10pm

Saturday 9am—9pm

Sunday 9am—4pm

Are you a  
member yet?

## Adorni Membership Includes:

### All aerobic and fitness classes

- Classes offered 6 days a week
- Classes available for all fitness levels

### Drop-in basketball

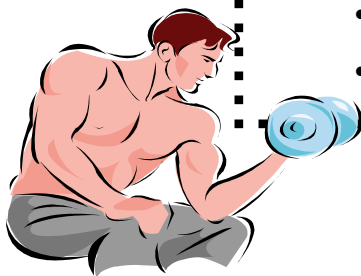
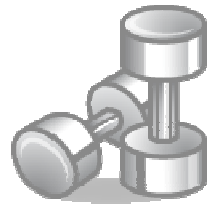
### Unlimited use of the weight room

- Cybex weight machines
- Stair Master
- Lifecycles
- Elliptical
- Treadmill

### Access to a Personal Trainer

### Private Locker Rooms

- Locker rentals available
- Shower Facilities



Find gym & aerobics  
schedules online at  
[www.adornicenter.com](http://www.adornicenter.com)

## YOUTH ACTIVITY SCHOLARSHIPS

The Eureka Recreation Division is offering scholarships for selected youth activities during the 2008-2009 year. This scholarship provides a 50% fee reduction.

In order to be eligible for a 50% fee reduction scholarship you must provide the Recreation Division current proof that you are receiving one of the following items.

1. Food Stamps
2. AFDC (Aid to Families with Dependent Children)
3. FDPIR (Food Distribution Program on Indian Reservations)
4. SSI (Social Security Income)
5. Medi-Cal Card
6. Current proof that your household meets the Income Eligibility Guidelines.

### FUNDING SOURCES

The scholarship program would not be possible without the generous donations of several organizations. In the past, grants and donations have been received from Humboldt Area Foundation, Humboldt Sponsors and E Clampus Vitus 101 Eureka. Without these funds the Eureka Recreation Division would not be able to provide this service to eligible children. The Eureka Recreation Division commends these local organizations for their dedication to enriching the lives of local children.



### SELECTED YOUTH ACTIVITIES THAT QUALIFY FOR A 50% FEE REDUCTION

Hoopsters Basketball Program

Recreation Classes

Swim Lessons

After-school Camps

Ryan Youth Center

To request a scholarship packet, please call 441-4241 or visit our website at [www.adornicenter.com](http://www.adornicenter.com).

## RECREATION FIELD & FACILITY INFORMATION

The City of Eureka offers a wide variety of fields and facilities that are available to rent for picnics, family gatherings, parties, softball games, etc. Below you will find the contact phone numbers for the most popular recreation facilities.

<b>FIELDS</b>	<b>441-4241</b>
Cooper Gulch	8th & Myrtle
Hartman	W & Madrone
Kennedy	W & Dolbeer
Ross	11th & M

20-30	California & Dollison
Highland	Glen & Highland
Hammond	14th & E
<b>PUBLIC TENNIS COURTS</b>	<b>441-4241</b>
Hammond Park	14th & E
Highland Park	Glen & Highland
<b>BONNIE GOOL DOCK</b>	<b>268-1973</b>
	1011 Waterfront Dr.
<b>WHARFINGER BUILDING</b>	<b>268-1973</b>
	1 Marina Way

<b>SAMOA DRAG STRIP</b>	<b>441-4241</b>
	900 New Navy Base Rd.
<b>PICNIC &amp; BLDG. RENTALS</b>	<b>441-4241</b>
Sacco Amphitheater	1101 Waterfront Dr.
Sequoia Park Gazebo	W & Madrone
Sequoia Park Garden Gazebo	W & Madrone
Sequoia Park Group Picnic Area	W & Madrone
Municipal Auditorium	12th & F
Cooper Gulch Recreation Center	8th & Myrtle
Carson Park Picnic Area	Buhne & H

## GETTING TO KNOW THE RECREATION DIVISION

The Eureka Recreation Division is designed to assist the local community in their recreational pursuits. Below you will find the phone numbers of the Recreation staff that can help you with your individual questions regarding specific programs and activities.

Adult Softball	441-4245	Daily Aerobic Schedule	441-4248	Roller Skating	441-4223
Softball Hotline (June—September)	441-4374	Open Gym Schedule	441-4248	Private Skate Parties	441-4241
Adult Basketball	441-4245	Adorni Building Rental	441-4244	Ryan Youth Center	441-4224
Co-ed & Women's Volleyball	441-4245	Hoopsters Youth Basketball	441-4245	Summer Camps	268-1858
Adorni Center Fitness Info.	441-4248	Halloween Carnival	268-1858	General Recreation Info.	441-4241
		Holiday Crafts Bazaar	441-4244	Facility Rentals	441-4241
		Easter Egg Hunt	268-1858		

**REFUND POLICY:** In the event that the Recreation Division cancels a class or activity, all fees are fully refundable or transferable. Should any participant cancel a class or activity, ***no refund will be given.*** All class and program dates and times are subject to change.

Register at the Adorni Recreation Center  
1011 Waterfront Drive, Eureka  
Office Hours: Monday—Friday 8am—5pm